

**UNIT:** AEROBIC GAMES

**AGES:** 8-14

**OBJECTIVES**

Pitching, kicking, trapping, passing, running

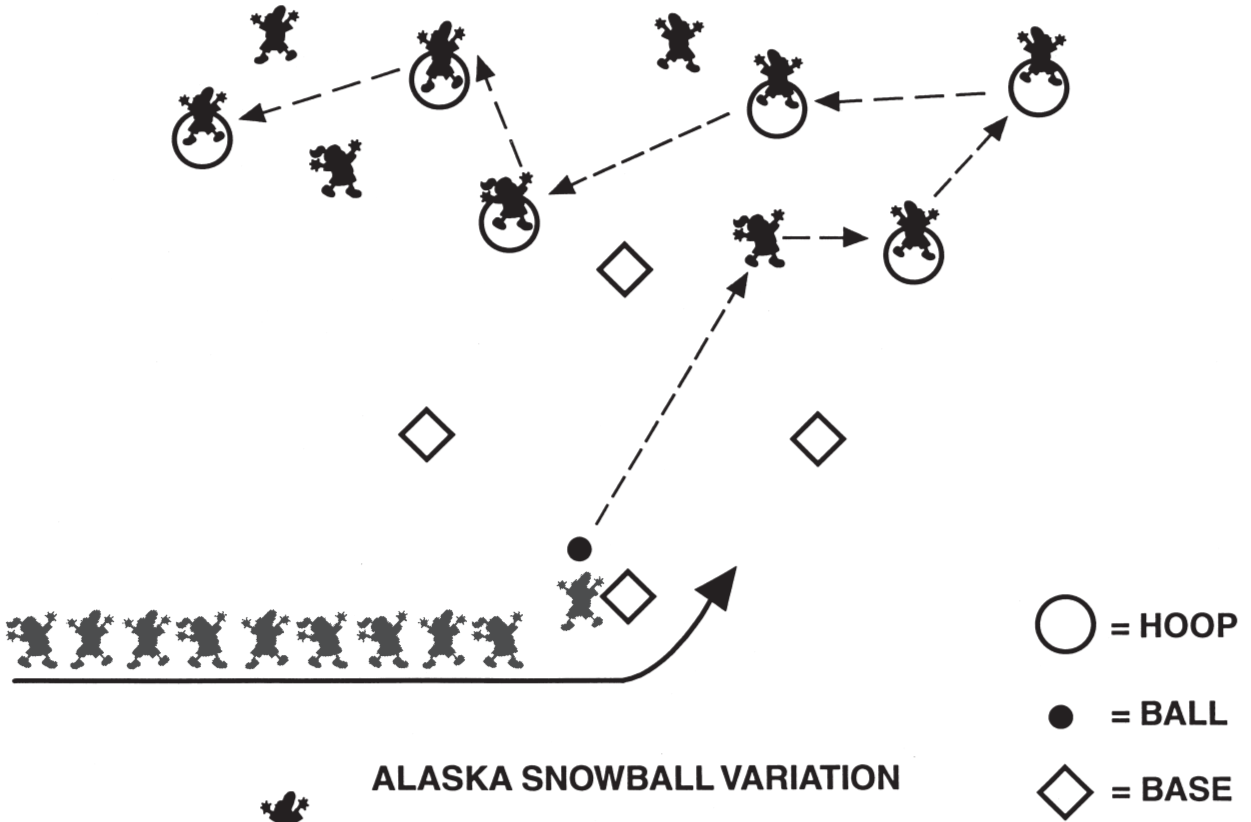
**EQUIPMENT**

1 ball/12-20 youth, 4 bases/12-20 youth,  
6 hoops/12-20 youth, music/whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-GROUP DAY-</u>		
<p><b>All-Run Kickball</b> <i>Diagram on back</i></p>	<ul style="list-style-type: none"> <li>-Set up a softball-type diamond and distribute 6 hoops in the outfield.</li> <li>-Play on a small baseball field if available. Grass fields may be adapted, however, they do not offer the safety advantages of a backstop.</li> <li>-Divide players into kicking and fielding groups.</li> <li>-Kicking group lines up behind the backstop or in a safe area.</li> <li>-Change sides after 3 kickers.</li> <li>-Have children play different positions each inning.</li> <li>-Once game rules are understood, divide group into 4 groups (6-10/group) on 2 fields. Smaller groups allow the game to be played with everyone having a turn "at bat" before the other group is up.</li> <li>-Play with different equipment (e.g., frisbee, soccer ball, vortex, rag softball).</li> </ul>	<ul style="list-style-type: none"> <li>-Today's Great Game is called "All-Run Kickball!"</li> <li><u>-The fielding group gets the kicking group "out" by throwing the kicked ball to a different player in each of the 6 hoops.</u></li> <li>-The first batter kicks either a rolled (pitched) or stationary ball into fair territory and runs around the bases without stopping.</li> <li>-All members of the kicking group follow in single file (no passing allowed).</li> <li>-Each player reaching home plate before an "out" is declared, scores 1 run for the group.</li> <li><u>-Fielders, don't stand in the baselines.</u></li> <li><u>Variation:</u> "Alaska Snowball"</li> <li>-The fielding group lines up in single file behind the person who fields the kicked ball.</li> <li>-Group members alternate passing the ball over their heads and through their legs until the last person carries the ball to the front and yells "OUT!"</li> </ul>

# ALL-RUN KICKBALL

## HOOP VARIATION



## ALASKA SNOWBALL VARIATION

